

Maturation

5th grade boys

Becoming a Young Man



EXCELSIOR
CHARTER SCHOOL
ACADEMY

Maturation

What does this big long word mean?

This is a period of growing, developing and changing.

Feelings about maturation

It is normal to feel

- Uncomfortable
- Confused
- Embarrassed

Parents, family and other trusted adults are very important to have as a support system



What is puberty?

- Puberty is the stage in life where boys start taking on manlike characteristics
- Between the ages of 11 – 16
- Boys are usually 2 years behind the girls



We are all unique



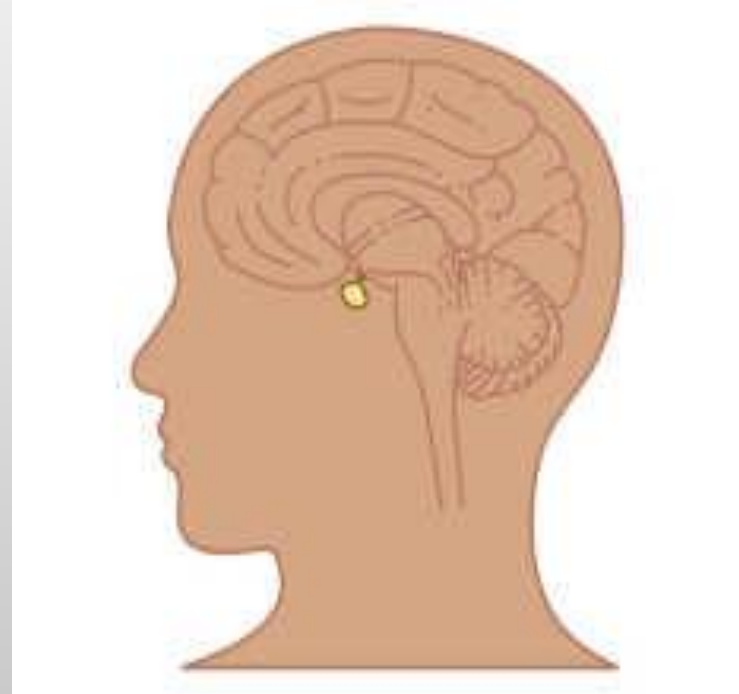
As you grow up, your body changes in how you look and feel.

Each boy grows at his own pace.



What causes these changes?

- The pituitary gland, deep inside your brain, gets things started.
- It sends out a signal to make hormones to cause changes.
- Boys and girls have different hormones:
 - Testosterone
 - Estrogen



Emotional changes

- This is because of fluctuating levels of testosterone being produced.
- Emotions may go up and down.
- Don't worry, it's all part of growing up!





Think of some healthy things you can do when you are feeling emotional changes.

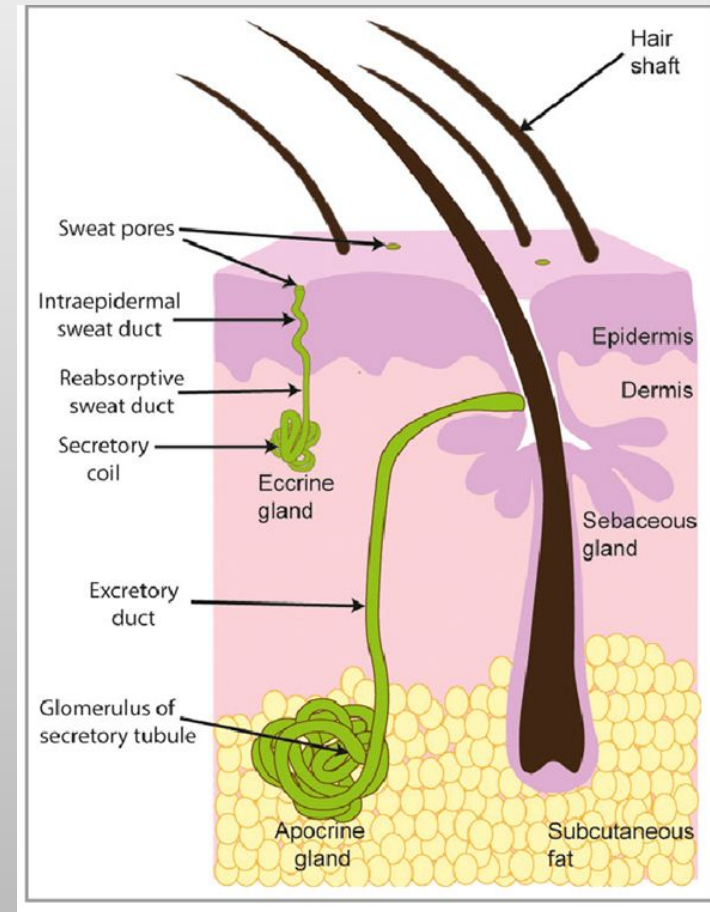
Physical changes

- Sweat and oil glands become more active and body odor changes
- Voice change and hair growth
- Acne can develop
- Height and weight increase
- Muscles become stronger
- Reproductive system begins to work



Do I smell?

- Perspiration comes out of your skin when your body gets hot
- Sweat by itself is not really smelly
- A combination of sweat, dirt, and bacteria causes body odor (sometimes called BO)



Controlling perspiration odor

- Bathe or shower regularly with soap and water
- Shampoo for hair
- Use deodorant/antiperspirant
- Body odor can be held by the clothes you wear, so always put on clean clothes after bathing
 - This also includes underwear and socks
- If you are in sports, it is especially important to bathe, use deodorant, and change clothes after a practice or game

Voice changes



As you grow, your voice changes

It gets deeper as vocal cords lengthen

Hair growth

As you mature, your body starts to grow hair in different places

- Underarms
- Face
- Arms and legs
- Chest
- Pubic area





When to shave

Shaving is something that usually starts when you are in middle school or high school

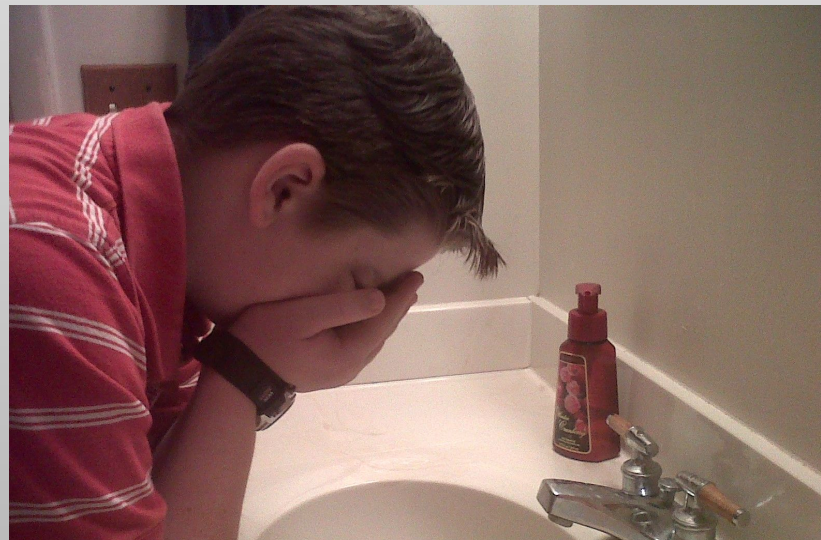
Remember to brush and floss

- Take care of your teeth
- Brush at least two times daily
- Floss at least one time a day



Washing your face

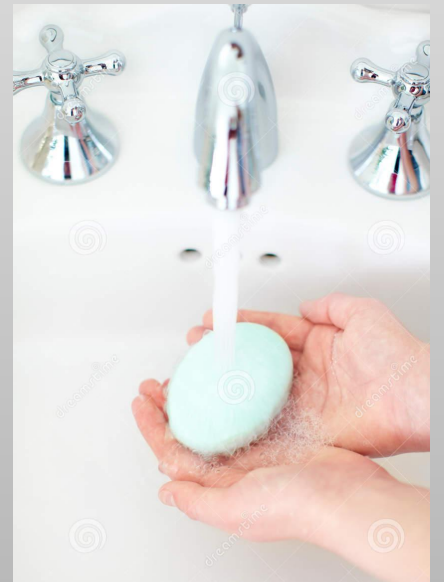
- During puberty, oil glands in your face become more active, which could lead to acne.
- To prevent scarring, don't squeeze or pick at pimples, and be patient, don't expect acne to disappear overnight.
- Most young people can get acne at some point in time, so don't be alarmed or feel like you are the only one.
- Wash your face twice a day and use moisturizer.



Handwashing

- One out of three Americans skip hand washing after going to the bathroom.
- Kids who wash their hands at least four times a day experience 24% fewer sick days from colds and 51% fewer sick days due to stomach ailments.
- Use hand sanitizer or wipes when you can't wash your hands.
- When should you wash your hands?

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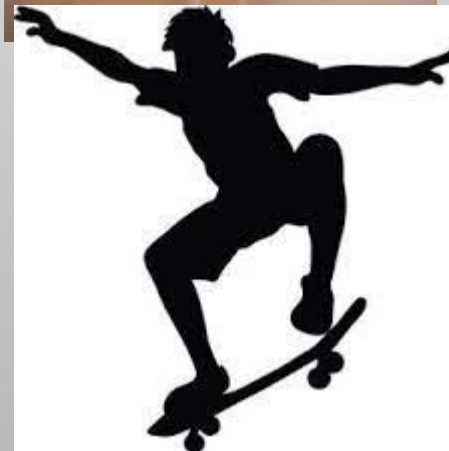
Get plenty of sleep

- Makes you healthier and more alert
- Average 9-10 hours a night
- The body grows while you are asleep



Physical exercise

- Children need 60 minutes of play daily.
- The American Academy of Pediatrics recommends limiting video games, tv, and screen time to 1-2 hours a day.



EATING HEALTHY



HEALTHY FOODS AND WATER HELP BONES GROW, MUSCLES GET STRONG,
AND SKIN LOOK NICE

Anytime vs. Sometimes food

Some foods can be eaten anytime because they are healthy

- Fruits and vegetables
- Whole grains
- Low fat or fat free milk
- Lean meats

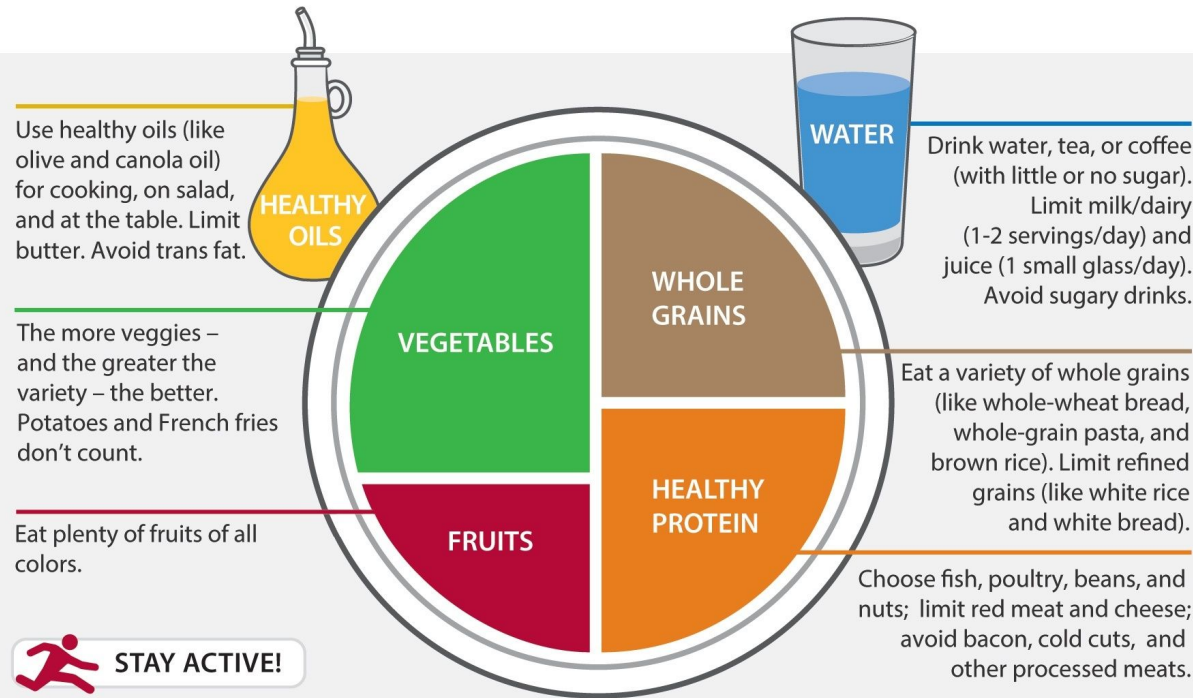


Other foods might taste good, but should only be eaten sometimes because they have sugar and/or fat

- Cookies
- Candy
- Chips



HEALTHY EATING PLATE



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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Healthy foods and water help bones grow, muscles get strong, and skin to look nice.

Water

- The healthiest substance on the planet
- Lack of water is the #1 trigger of daytime fatigue
- Helps prevent headaches
- If you feel thirsty, you are already dehydrated



Avoid unhealthy substances



Alcohol



Drugs



Tobacco

Medical examinations

These are important to help determine that you are staying fit and healthy

- Scoliosis checks
- 7th grade vaccinations



Use correct terms

- Anatomy (body parts)
 - Boys
 - Girls
- Don't make up names
- Don't make fun
- Show respect

Male stages of development

There are five stages of development.

Physical changes

Stage One (Up To Ages 9 To 13)

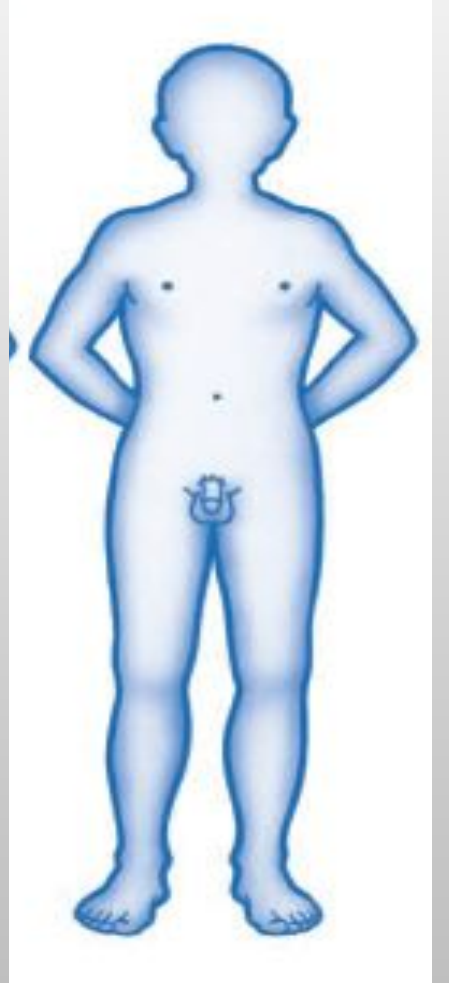
- Childhood Stage
- No Visible Signs Of Pubertal Development



Physical changes

Stage two (may begin ages 9 to15)

- Testicles and scrotum grow larger
- Fine, straight hairs start growing at the base of the penis



Physical changes

Stage three (may begin ages 11 to 16)

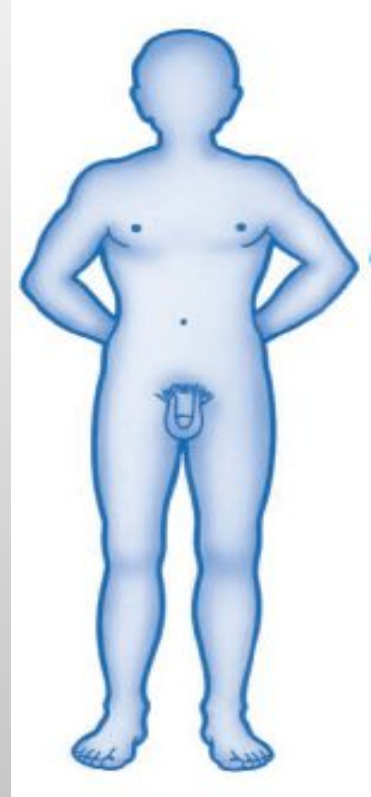
- Testicles and scrotum continue to grow
- Penis grows larger
- Pubic hair becomes darker, thicker and curlier
- Vocal cords increase in size, causing voice to deepen
- Height and weight may start to increase noticeably



Physical changes

Stage four (may begin ages 12 to 17)

- Growth spurt continues
- Shoulders begin to broaden and physique becomes more muscular
- Penis grows in width as well as length
- Body hair continues to grow
- Facial hair may appear on upper lip and chin
- Testicles start to produce sperm; ejaculation occurs for the first time



Physical changes

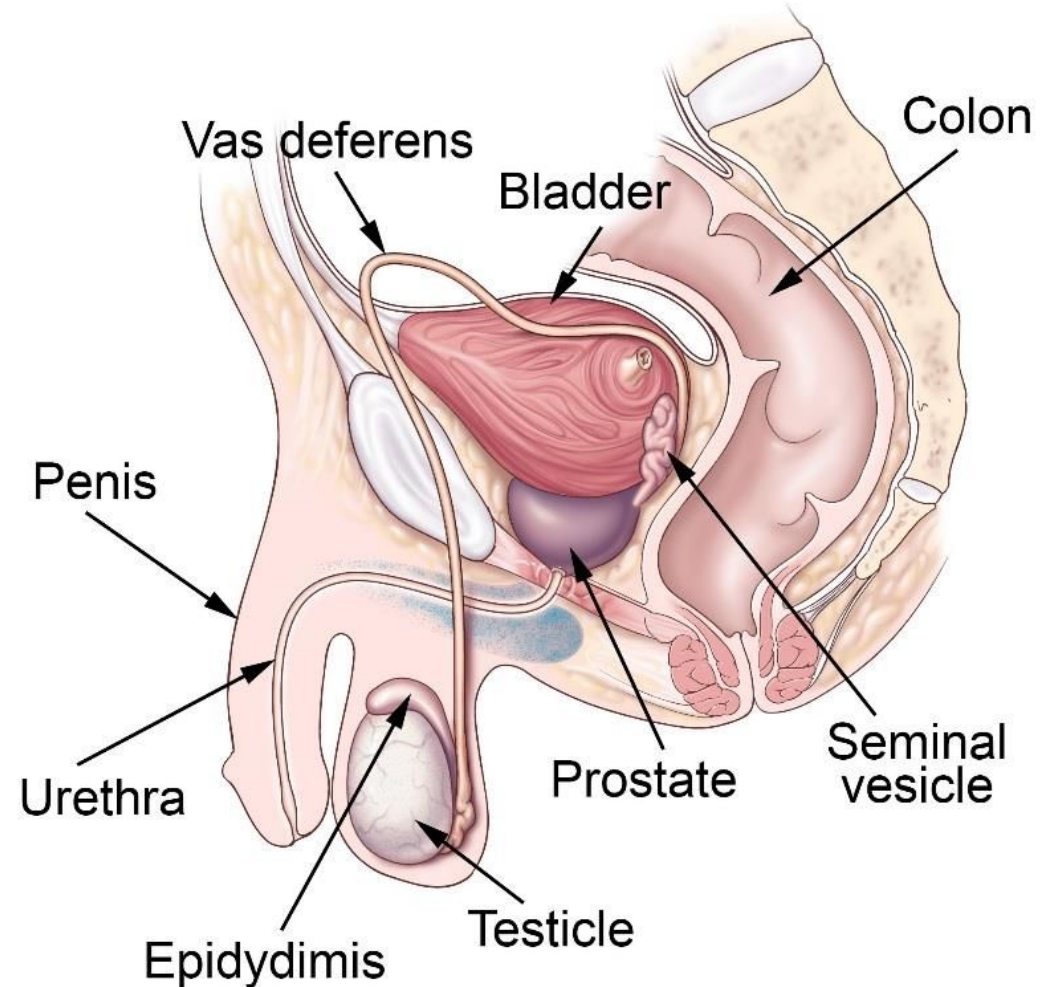
Stage five (may begin ages 14 to 18)

- Adult stage
- Genitals and pubic hair have an adult appearance
- Growth spurt slows down
- Facial hair growth becomes heavier
- Body hair growth, especially on the chest, may continue into the twenties



Male anatomy

- The penis, scrotum and two testicles
- The scrotum is the sac-like pouch that holds the two testicles
- Testicles produce sperm
- The penis is a reproductive organ and eliminates urine from the body



What is an erection?

- An erection is what happens when your penis fills up with blood and hardens
- The penis will become bigger and stand out from the body
- It's normal to start noticing erections occurring more often when you reach puberty
- An erection can happen at any time
- You can get many in one day or none at all

Erections in public can be embarrassing

What could you do if this happens?

- Cover with a book, backpack or jacket
- Sit down and wait for it to go away



“Wet dreams” or nocturnal emissions

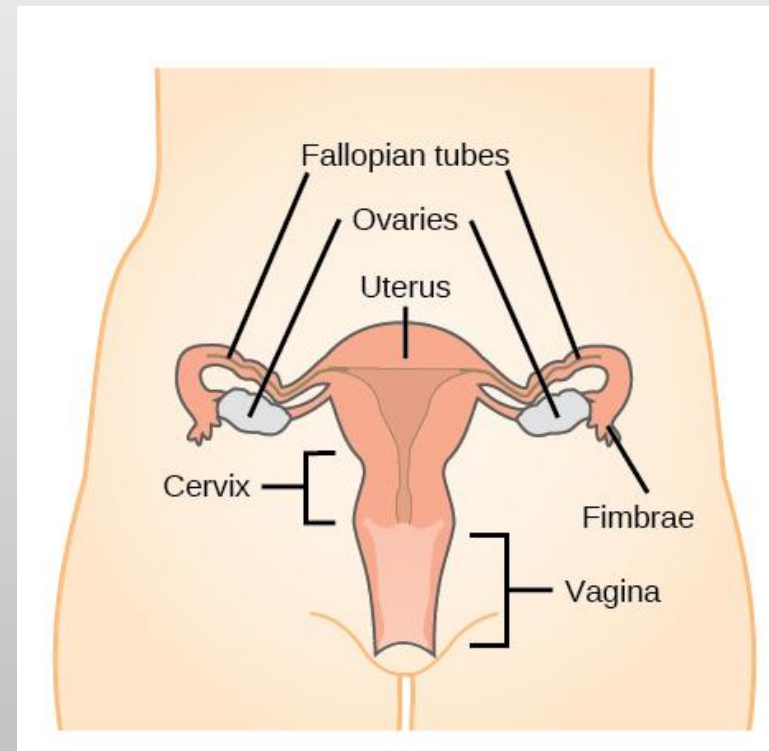
- Starts to happen at puberty
- You may wake up and discover a wet, sticky spot on your underwear or pajamas
- This is normal

Puberty changes for girls

- Sweat and oil glands become more active
- Breast development
- Hips broaden
- Hair on legs grows thicker, longer, and sometimes darker
- Pubic hair grows
- Growth spurt. Rapid increase in height

Female reproductive system

- Female reproductive organs are located inside the body.
- The ovaries release an egg once a month.
- Menstruation or a monthly period is where bleeding occurs for 3-7 days.



Your body has private parts

- These are the parts that are covered by your bathing suit or underwear
- The penis and bottom for boys
- The breasts, pubic area, and bottom for the girls



Sexual abuse

- If an adult, teenager or a kid your age touches your private parts or tells you to touch theirs, it is sexual abuse.
- The abuser might tell you that this touching is a secret and that you can't tell anyone.
- Do not keep this a secret.
- Tell a trusted adult, or more than one, until someone takes action.
- Your body is yours, you are in charge.

What to do

If a person tries to touch your private parts...

- Tell them **NO**
- Yell and make a lot of noise
- Run away from them
- Tell an adult



Protect yourself

- Trust your feelings
- Doesn't feel right
- Let someone know where you are
- Keep yourself safe from harm
- Follow the rules
 - Home
 - School
 - Other

Boys and Puberty



Just the beginning

After this class, you may have questions.

Please ask an adult who you can trust like your parent,
a nurse or a doctor.